

**Sheikh Farid – Sabad 18**  
**fareedaa kaalee dhaulee saahib sadaa hai je ko chit kare ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1378**

fareedaa kaalee dhaulee saahib sadaa hai je ko chit kare ||  
aapanaa laiaa piraam na lagiee je lochai sabh koi ||  
eh piraam piaalaa khasam kaa jai bhaavai tai dei ||13||

**Summary:** Pursuing awareness to understand the essence of life is a personal journey that requires commitment, and anyone can achieve it if they genuinely desire to seek it. This journey begins with a willingness to explore one's thoughts, feelings, and experiences with curiosity and openness. Active self-reflection and embracing new perspectives allow individuals to cultivate greater insight and clarity.

fareedaa kaalee dhaulee saahib sadaa hai je ko chit kare ||  
Farid says that whether dark or light, supreme energy is always present in all things and can be experienced through contemplation by anyone who wants to seek it.

aapanaa laiaa piraam na lagiee je lochai sabh koi ||  
When attached to the self, one cannot connect to the all-pervading energy. Many may aspire to connect, but simply wanting it is insufficient.

eh piraam piaalaa khasam kaa jai bhaavai tai dei ||13||  
The bowl of ambrosial love for the all-pervading companion is achieved by those who earnestly seek it. (13)

**Essence:** Guru Amar Das, in harmony with the message of Sheikh Farid, states that attachment to the idea of self is often driven by ego and fear. It creates barriers to connecting with the all-pervading energy. While the desire for this connection is universal, it requires more than just wishing. It involves transforming our desires into actions, embracing the unknown, overcoming limiting beliefs, and opening our hearts to the interconnectedness of all life.

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